



# HIGH KNOLL TRAIL

## STARTING OUT

If your group is in search of rugged, outdoor adventure, then dust off your boots and tackle the High Knoll Trail, the Blue Ridge Scout Reservation's high adventure backpacking program. After a shake-down and informational session conducted by one of the rangers, your crew will be released to hike upon a network of over 100 miles of trails crisscrossing the Scout Reservation. Though some crews shoot for the 50 miler award, typical groups hike around eight miles each day before ending up at one of our backcountry camps. The program offered at these outposts varies from year to year depending on staff talents and demand; however, your crew should plan on a mix of interpretive camps and modern high adventure programs that offer the group a taste of Appalachian Life, past and present.

### 1 Getting Started

<b>Who can participate?</b>	High Knoll is open to all Scouts who will be 13 and First Class by Sept. 1.
<b>What kind of leadership do we need?</b>	Every crew must have two leaders or crew advisors who are registered in Scouting. One of the adults must be at least 21 years old while the other can be 18. Coed crews must have both male & female leaders. One of the crew members must have CPR/1st Aid training.
<b>What if we can't find two adults?</b>	Due to staffing constraints, we do not have the ability to provide leadership for your crew; however, register as a partial crew and we will pair you with another partial crew. (Many groups find leaders among their troop alumni.)
<b>Who leads the crew?</b>	Except where health and safety are involved, all crew leadership stems from the elected crew leader. This youth leader's responsibilities should begin now with pre-trip planning.
<b>How many people are in a crew?</b>	High Knoll is designed as a low impact camping program. Thus, the ideal crew should have 10 youth and 2 adults. We often accept larger and smaller groups, but please check with the Council Service Center for confirmation.
<b>What if my troop doesn't want to go?</b>	Individual youth (provisional campers) should submit their \$50 registration fee and application by February 1st. Our registrar will place provisional campers within a crew.
<b>Are there any</b>	All participants must have a signed copy of the National BSA Medical Form.
<b>How's the Hiking?</b>	During the 5 days spent backpacking, a crew will cover from 35 to 50 miles over steep, rocky, mountainous terrain. The trails are a combination of narrow footpaths and abandoned logging roads. Although the trails are blazed with white paint, crews will need to be able to navigate by map and compass. The program is physically demanding, so get into shape. A 50 miler is possible if a crew is very experienced and fit, otherwise you might spend your entire week hiking and will miss out on the program features.



# HIGH KNOLL TRAIL

## ITINERARY SELECTION



## 2 High Knoll Itinerary Selection

### I. Typical Itinerary, Choose Your Outposts

During your week on High Knoll, your crew will be able to participate in five outpost programs.

Please return the selection form as soon as possible (May 1st at the latest). Please note that if a program area has more demand than we can meet, we will give preference to the first crews who have completed their full fee payments and have returned the itinerary sheet on page 8. To participate in the whitewater events, you must pre-pay early this spring. High Knoll is a small operation, and each outpost is staffed to handle approximately 30 hikers during a program day. We custom plan each crew's itinerary, and hike you across the reservation each day to one of your chosen outposts, where we can fit you into that day's schedule. **Upon your arrival in camp on Sunday (after 1:00 p.m.), we'll share your outpost schedule with you and then plot the trails that you will need to follow.** These are typical outposts offered at High Knoll; however, due to yearly changes in both staff talent and in availability, these outpost programs may change.

- **Huff Farm:** Rest your feet and ride a horse along the ridge of Max Mountain. For supper, avoid a dehydrated meal and compete in our Iron Chef contest, cooking a dutch oven meal. Get your boots or belt branded at the evening campfire.
- **Point Camp:** Climb up and rappel down our natural rock face overlooking Big Laurel Creek. Do some of the innovative C.O.P.E. team building games, and test yourself on our climbing wall.
- **Rendezvous:** At our 19th century trapper's camp, load and shoot a .50 caliber muzzle loading rifle. Throw tomahawks and learn wilderness living skills. This living history program will be a real Mountain Man experience.
- **Whitewater Rafting:** Raft the famous class 5 whitewater of the New River Gorge in West Virginia. The New River Adventure staff provide the transportation, equipment and guides. *All participants must qualify as "swimmers."* Space is limited; sign up now. There is an extra fee for rafting. Bring river shoes and sunscreen.
- **Mountain Boarding:** Imagine combining the experience of snowboarding and skateboarding and you will thrill to mountain boarding. This new sport features a strap-on skate board with oversize tires that is fun to ride on our backwoods track. Our experienced staff will train you in the techniques and provide the gear.
- **Logging Days:** This is a larger-than-life, Paul Bunyan experience. Spike up a tree and rappel out of it. Compete with cross-cut saws and axes. Experience life in the logging camps. Learn to throw a knife.
- **White Oak Camp:** High tech backpacking skills, Leave No Trace and slack lining.

### II. Rugged Itinerary, Choose the Level of Difficulty

Though all of the itineraries will have steep trails and challenging days, we can schedule the trek to be easier or more difficult. As our rangers create schedules for the week, we often run into situations where a crew will need to have a longer than normal day's hike (12+ miles). We assign these longer miles to the rugged itinerary crews. If we know that the crew is young and inexperienced, we try for shorter hikes. Upon arrival in camp on Sunday, we sit down with the crews and map out the actual trails they will hike. Crews looking for a more physical challenge can then request and receive the challenging trails. Crews looking for 50 milers can review their scheduled itinerary, calculate the miles, and then pick days for taking an additional short hike to add up to 50 miles.



# HIGH KNOLL TRAIL

## PRE-CAMP PREPARATIONS

### 3 Pre-Camp Activities

#### Shakedown

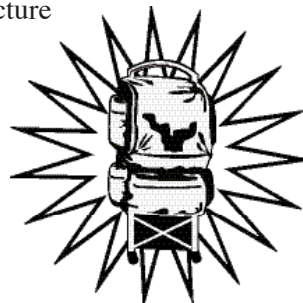
The Crew Advisor must meet with his crew well in advance of their arrival to inform them of their equipment needs, to plan, and to review packing techniques. Take the crew on one or more shakedown hikes to help break in new boots, toughen feet, and field check gear. If possible, get your group ready for the mountains by hiking hills or at least stairs.

#### Equipment

Knowing how to pack for a trip is truly the mark of an experienced backpacker, and there is no substitute for high quality gear. Please use the attached personal equipment list and the specific hints below to guide you in gathering the right gear. As you pack, your goal should be to bring the minimum amount of equipment necessary to be safe and comfortable regardless of the weather or unexpected situations.

#### Choosing a Backpack

There are two major types of packs on the market today: internal frame and external frame. Both of these packs are designed so that you can swing the pack onto your back, tighten the padded hip belt around your waist, and then adjust the shoulder straps so most of the weight rides on your hips. Your bone structure and the strong muscles of your legs support the weight so that a full load can be carried with relative ease. Some people prefer internal frame packs that have a compact shape and snug fit that is ideal for traveling over difficult terrain, through heavy brush, or even climbing. On the other hand, the external frame actually transfers weight from the shoulders to the hips more efficiently and provides room to strap on equipment such as sleeping bags or tents. Though the type of pack is personal choice, make sure that it is large enough to carry both personal and crew gear (typically forty to fifty-four hundred cubic inches).



#### Boots

This is your most important piece of equipment! When hiking, your feet and ankles take a pounding. Quality hiking boots provide the support and protection needed to withstand each jarring step. When purchasing boots, make sure that they are high enough to cover the ankle; make sure that the boots are waterproof yet breathable, and purchase a durable sole such as Vibram. Remember to wear the sock combination you intend to hike in when purchasing new boots and **break the boots in well in advance of your hike!**

#### Sleeping Gear

Getting enough sleep is essential to having an enjoyable trek. Evening temperatures on the reservation are erratic, dropping as low as 50°. We recommend that you bring a summer weight bag with a sheet or bag liner, and closed foam sleeping pad. If you use an inflatable pad, put a repair patch and sealer in your crew's repair kit.

#### Backpacking Stoves and Water Pumps

Your unit must provide at least two backpacking stoves for your trek. Backpacking stoves are to be used only under adult supervision and never in tents. All liquid fuel must be carried in bottles designed for fuel, easily distinguishable from water bottles. Practice using your stoves and repairing them before arriving at camp. Each camp has a water supply and you will cross streams on many trails. Each crew should bring a couple of water pumps or similar purification systems.



# HIGH KNOLL TRAIL

## PRE-CAMP & ON THE TRAIL

### Tents

You need to bring your own trail shelters, and National Camp standards specify that all tentage used in camp must be marked “No Flames in Tents.” Please either stencil this message onto your tents or attach a tag with this message. Hammocks must be supported by wide webbing or padding to prevent damage to our trees.

### Crew First Aid Kit

It should contain at least the following items:

- One 2 inch Roller Bandage
- Two 3 inch Roller Bandages
- Two rolls of 1 inch Adhesive Tape
- Scissors, Tweezers, Safety Pins
- Water Purification Tablets
- One Box of Assorted Adhesive Bandages
- Matches
- Rash/Poison Ivy Remedy
- Scissors
- Twelve 3 x 3 inch Sterile Pads
- Moleskin
- Antacid Tablets
- Aspirin and/or Non Aspirin Pain Reliever
- Biohazard Bag
- Gatoraid
- 24 Alcohol Swabs
- Sunscreen (for rafting)
- Paper and Pencil
- Mouth Barrier Device
- Antibiotic Ointment
- Petroleum Jelly
- Two Pair of Latex Gloves
- Four Triangular Bandages, 40 inch

### 4 Registration at Camp Ottari

*High Knoll crews should report to Camp Ottari between 1 & 2 p.m.* The crew will receive their itinerary, do medical rechecks, review their finances, and meet their ranger. Plan on backpacking your gear into the camp. Vehicles will be taken to a parking lot at the camp gate for “dead storage” for the week. Extra gear, such as extra clean clothes and your Class A uniform, should be stored inside your vehicles for the week. Crews will spend all nights (Sunday through Friday) under their trail shelters.

**Remember to Bring**

- BSA National Medical Form
- Personal Insurance Card attached to Medical Form
- Proof of Troop Insurance (out of council)
- Tour Permit (out of council)

### 5 On the Trail

#### A Typical High Knoll Schedule:

**Sunday:** After registration, your ranger will conduct a training session and pack shakedown that will prepare you for the trail. The ranger will also demonstrate proper cooking and cleanup techniques at dinner that night in your campsite. There will also be a campfire that night.

#### MONDAY-THURSDAY:

**Sunrise:** Roll out and eat breakfast.  
**7:30 a.m.** Break camp.  
Hit the trail in the cool of the day.  
**Lunchtime:** Be in your program outpost. Take program in afternoon.  
**Dusk:** Campfire and evening snack prepared by the staff.

#### FRIDAY:

Complete Friday outpost program and hike back to Ottari  
**Before 5:00 p.m.** Arrive at Camp Ottari. Check in at the Welcome Center as soon as you arrive back at Camp. Turn in your equipment.  
**6:00 p.m.** Supper - Cook out down by lake.  
**Dusk:** Closing campfire, trail awards.

#### SATURDAY:

**7:00 a.m.** Breakfast - Dining Hall. This is a non cooked, travel style meal.  
**by 9:30 a.m.** Depart Camp Ottari.



# HIGH KNOLL TRAIL

## HEALTH AND SAFETY

### What to Do if Confused

We seldom lose whole crews on High Knoll. We do have problems when some crews spread out so much that individuals get separated from their crews. The problem: we have 100 miles of trails in 16,000 acres of land and we're surrounded by many more equally remote acres. To find lost persons, we must shut down all programs, deprive everyone of their afternoon activities, and send the staff to hunt for you. **Keep your hikers together!** Place your slowest hikers at the head of the line. Follow the trails and outpost itinerary assigned to you on Sunday - we start the search on the trails you were supposed to follow.

All of the trails are marked, but it is possible to be misled by some of the connecting trails. If you become confused, use your map first to try to determine where you are. If you are still confused, try backtracking until you know where you are. Above all, do not go cross-country. If you find you are lost (after doing all of the above), stay where you are. If you don't show at your next outpost, a search party will come looking for you. Each outpost camp has radio communication with the base camps. Staff members at each camp are qualified to handle emergencies and have a knowledge of basic first aid techniques. **Emergency information is on your map.**

### Floods, Lightning, and Fire

In case of **flooding**, stay on high ground. Greenwood Trail (the fire road) is an especially good place to be. In all emergencies, make every effort to reach an outpost or base camp. If water is so high that hiking is unsafe and you are in low level areas, find a point to stay that is above the levels of nearby creeks and wait for help. **FOR LIGHTNING: get off the ridge tops. FOR FIRES: Move as quickly as possible AWAY from the direction of fire spread.** Wildfire spread is generally greatest on steep slopes and/or when pushed by wind.

### Personal Cleanliness

There are shower facilities at both Camp Powhatan and Camp Ottari. Your itinerary will put you near a base camp several times during your trek. Backcountry cleanliness is important for your health and others' happiness. A complete bath may not be possible but consider taking a "bucket bath" in a secluded area and washing your face, hands, feet and private parts. Carry water at least 200 feet from springs, lakes, and streams. Use biodegradable soap. Don't place contaminated water back into the water supply. Be discreet; bathe in private.

**Swimming in Creek**  
In most outposts, the creeks are the source of our drinking water. Swimming, bathing or washing of any items in the creeks are not allowed.

### Latrines

Pit latrines are provided for use at all manned outpost camps and some of the unmanned camps. These should be kept clean by all crews. If you find it necessary to use a latrine at other than established areas, use a small "Cathole" to get rid of human waste. A cathole is efficient because the top layer of soil in most areas is full of microorganisms that decompose the remains of plants and animals. Make each cathole at least 200 feet from any campsite, trail, or water source, and choose a location that isn't likely to be visited by others. With the heel of your boot or a small trowel, dig a hole about 6 inches deep but no deeper than the rich, organic topsoil. After use, cover the hole completely. Place nothing in a latrine or cathole except human waste and papers necessary for this action.

### Clean Up

Proper washing and rinsing of dishes will help protect your crew's health. Never use cold water; this will not prevent dysentery and diarrhea. Only hot water will do so. Time taken to boil water for eight (8) minutes for rinsing is time well spent. Rinse dishes in boiling water treated with sanitizing tablets. Use only as directed to ensure effectiveness.



# HIGH KNOLL TRAIL

## COOKING

### **Bear Bags**

We have bears on the reservation. The crew will need to put up bear bags each evening. Each program outpost has established bear cables; place your food and smellables up and away from your sleeping area for the evening. For this purpose we recommend the crew bring a 75 foot nylon cord and a sturdy bag the size of a duffle bag.

### **Cooking Fires**

Manned outpost camps already have established campfire sites. Do not make any new ones! Some camps will already have firewood waiting for you when you arrive. Please leave some for other crews, as a courtesy.



### **Safe Drinking Water**

We have water in each outpost. All water outside of the base camps, Ottari and Powhatan, must be treated. There are three acceptable methods of purification (1) 8 minutes of boiling (2) Polar Pure - which we provide (3) Two water pumps/filters.

### **High Knoll Trail Menu**

We plan to issue the following trail foods to your crew (there will be a food drop mid-week) upon arrival; you may use the meals on the trail or carry them home. This knowledge allows you to bring supplementary or alternative foods. Upon request, we can supply 2 person vegetarian meals that will replace the meat dinners. Before March send a note to the camp registrar indicating the number of hikers who are vegetarians, and requesting this service.

### **Sample Trail Dinners from Backpackers Pantry or Enertia Trail Foods**

- 1) Chicken & Rice
- 2) Switchback Spaghetti
- 3) Chicken & Mashed Potatoes
- 4) Beef Stroganoff
- 5) Louisiana Red Beans and Rice

Those staying overnight at Huff Farm will cook an “iron chef” dutch oven meal.

### **Lunches**

We assemble our own lunch meals.

- Peanut butter and jelly and graham crackers, drink.
- Squeeze cheese with pilot biscuits, granola bars and drink.
- Beef jerky, corn nuts, fruit bars and drink.

### **Breakfasts**

Each outpost will have coffee in stock.

- Instant flavored oatmeal, fruit bars, hot chocolate.
- Museli & cinnamon.
- Granola cereal with powdered milk (add hot water and a splash of the milk for a rich, heavy oatmeal) fruit bars, hot chocolate.
- Pop tarts, instant oatmeal, hot chocolate.

Each program outpost will have an evening campfire, which will feature a snack, such as: apple cobbler, sourdough biscuits, cornbread, cake “sawdust stew,” etc.



# HIGH KNOLL TRAIL

## HIGH KNOLL EQUIPMENT LIST

### Clothing

- (1) Pair Shorts
- (2) T-shirts
- (1) Fleece or Wool Vest or Jacket
- (1) **Pair Long Pants—light weight (required for horseback riding, mountain boarding & logging days)**
- (1) Belt
- (2) Pair of Underwear
- (2) Pair of Boot Socks
- (5) Pairs of Lightweight Liner Socks
- (1) Pair of well broken-in Boots with new laces
- (1) Pair of Light Shoes to wear around camp
- (1) Rain Jacket or Poncho (large enough for you and your backpack)
- (1) Swim Suit if you are going rafting
- (1) Hat with brim
- (1) Class A Uniform for travel to camp; it is optional for the Friday night campfire. You will not need your uniform on the trail.

### Eating Utensils

- (1) Plastic Bowl or Large Cup (sierra cup)
- (1) Drinking Cup
- (1) Spoon
- (2) One Quart Water Bottles or some form of hydration system such as a platypus

### Personal Items

- (1) Sleeping Bag in waterproof sack or heavy plastic
- (1) Waterproof Ground Cloth to be packed separately from the sleeping bag
- (1) Waterproof Pack Cover
- (1) Small Towel and Washcloth
- (1) Roll of white Toilet Paper (in Ziploc bag)
- (1) Toothbrush and Toothpaste
- (1) Personal First Aid Kit (foot powder, band aids, moleskin—keep it very simple)
- (1) Pocketknife
- (1) Small Flashlight with extra battery and bulb
- (1) Waterproof Watch
- (1) Compass
- (1) Whistle

### Optional

- (1) Sleeping Pad—closed cell or waterproof
- Snacks (trail mix, power bars, etc.)

### Provided by Troop

- Backpacking Tent or Tarp. If you bring a hammock, please make sure it is tree friendly.
- (2) Backpacking Stoves & Fuel
- Water Purification Filter/pump
- Spices for cooking (hot sauce)
- Waterproof Matches
- Bear Bag and 75 feet of 1/8 inch nylon rope
- First Aid Kit
- Insect Repellent
- Sunscreen
- Soap—biodegradable liquid soap
- Spare Rope/cordage
- Sewing Kit & Equipment Repair Kit
- Trowel for catholes
- 1 pair hot tongs
- Tarp for cooking area

### Equipment Provided by Camp

- Sanitizing tablets
- Scrub pad
- Serving spoon
- Food

### Found in Manned Outposts

- Pots for boiling water
- Garbage bags
- Pans for dishwashing
- Bow saw

### Some Useful Advice

- ❖ A boy's pack should weigh 25% of his body weight.
- ❖ The weather for High Knoll tends to be warm and humid with daytime temperatures in the high 80s and night time temperatures falling into the 50s.
- ❖ If you wish to use a GPS:

**The Powhatan Parking Lot** is North 36° 57' 40". West 80° 40'.

**Ottari Lake** is North 36° 59' 30". West 80° 34' 30".

*These locations are not pinpoint accurate, but they should easily put you within the boundaries of each of the camps.*



# HIGH KNOLL TRAIL

## SELECTION FORM

**(Due by April 1st!)**

*Return by April 1st to: Blue Ridge Mountains Council, P.O. Box 7606, Roanoke, VA 24019-0606*

Dates for attending High Knoll: _____	Number Youth: _____	Number Adults: _____
Unit #: _____	Council: _____	Email: _____
Crew Advisor: _____		
Address: _____		
Street	City	State      Zip
Daytime Phone: _____	Evening Phone: _____	

Check one:  Typical Itinerary     Rugged Itinerary  
 50 Miler (*recommended only for experienced crews*)

### White Water Rafting Reservation

Each weekday we provide rafting on the New River in West Virginia as part of the New Adventure Program or as an elective for High Knoll Trail experience and to others. Prior reservations before camp week are required for planning purposes. Participants, youth and adults, must pass the BSA Swimmer's Test in order to participate in white water rafting.

Crews leave after breakfast from Camp Ottari and take about 2.5 hours travel time to reach the river. The raft trip lasts about 3.5 hours and you return to Camp Ottari or Powhatan, arriving around 8:00 p.m.

*The cost is \$65*

### Deposit for Whitewater Rafting

# of Scouts: \_\_\_\_\_ @ \$65 = \_\_\_\_\_ + # of Adults @ \$65 = \_\_\_\_\_ = Total Enclosed: \_\_\_\_\_

*Raft fees are due on April 1st*

*Payment may be made by VISA, Master Card, or Discover*

Account #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_ Authorization to charge: \$\_\_\_\_\_

Signature: \_\_\_\_\_

<i>Forms may be faxed to: (540) 265-0659</i>	<i>or mailed to:</i>	<i>or emailed to shirleyn@bsa-brmc.org</i>
	Boy Scouts of America	
	P.O. Box 7606, Roanoke, VA 24019-0606	



# HIGH KNOLL TRAIL

## CAMP ROSTER

Unit Number: \_\_\_\_\_ Week Attending: \_\_\_\_\_

	Name of Scout/Adult	Date of Birth	Address	Phone
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